



### Poaching Fruit

Poaching is a wonderful way to deal with an overabundance of fresh, ripe fruit. It can also be used to save overripe fruit as well as making under-ripe fruit quite delectable when poached in wine or a sugar syrup. They may be served as they are with some of their poaching syrup over cake or ice cream or with various sauces, such as chocolate for pears, etc.

#### Basic Syrup for Poaching:

Per 1C liquid: 6T/3 oz granulated sugar + opt'l flavorings to taste.

#### Basic Method for Poaching Fruit:

1. Put all ingredients for the poaching syrup (not quite fruit) into the poaching vessel. Bring to a boil, cover, reduce heat, simmer 5M.
  2. Optional: strain before using for easier handling.
  3. Poach prepared fruit in syrup until cooked.
  4. Remove fruit and reduce poaching liquid by 1/2 to 2/3, or until syrupy. Use as a sauce for fruit.
- Optional: Macerate fruit in reduced liquid for 8 hours or more.

#### Table of Fruits, Estimated Poaching Times & Suggested Syrup Flavorings:

Fruit:	Time*:	Syrup Flavorings: (1 part wine or 1/4 part liqueur to 4 parts liquid)
Apples (peeled, sliced)	5M	Lemon juice, zest, cinnamon
Apricots (peeled)	5-10M	Almond extract
Bananas	5M	White wine, vanilla, cinnamon or rum & brown sugar
Blueberries	2-4M	Kirsch, Miracle
Blackberries	2-4M	Cassis, Blackberry brandy
Cherries	6-10M	Kirsch, Cognac
Figs	2-8M	White wine, vanilla
Gooseberries	Till soft	
Kiwis	2-4M	White wine, vanilla
Kumquats (unpeeled)	20-40M	
Nectarines (peeled)	5-10M	Wine
Oranges, Tangerines (peeled & sectioned)	5M	Grand Marnier, Cointreau
Peaches (peeled)	8M	White wine, vanilla, lemon or Red wine & peppercorns (lots)
Pears (peeled, whole or halved)	8-60M	Red or white wine, lemon juice lemon zest, cinnamon
Pineapple (peeled, cored & sliced)	5-6M	Kirsch, rum
Plums, Fresh Prunes	5-10	Miracle, Kirsch
Strawberries	2M	Grand Marnier, Kirsch



### Pears Poached in Red Wine

#### Ingredients

2 cups dry red wine  
2 T lemon juice  
1 cup sugar  
1 small stick of cinnamon/1/2 t ground cinnamon  
4 pears, firm, peeled, cored

#### Method

- 1) In a saucepan bring the wine, lemon juice, sugar and cinnamon to a boil; stirring until the sugar dissolves.
- 2) Add pears and simmer until tender but not mushy.
- 3) Cool pears in liquid.
- 4) Serve using wine as a sauce.



## Peppery Pecans

8 oz pecans  
3 oz granulated sugar  
2† freshly ground pepper  
1† salt  
Non-stick cooking spray

- 1) Coat baking sheet with spray.
- 2) Combine dry ingredients.
- 3) Brown pecans until they have a slightly grey shiny appearance.
- 4) Add dry ingredients and stir until nuts are coated, then spread onto sheet pan and cool, separating them to avoid sticking.

Yield: 2C



## Bleu Cheese Fritters

### Ingredients

Bleu cheese  
Egg yolks  
Eggs  
Sugar  
Bread crumbs  
Flour  
Canola oil

### Method

- 1) Mix bleu cheese with egg yolk to soften.
- 2) Coat cheese lightly with a light flour.
- 3) Roll cheese into a ball then dip in egg and roll in bread crumbs.
- 4) Freeze for approximately 15 minutes.
- 5) Deep fry to until golden and serve warm.

Note: Inside will be warm and soft and outside should be crisp and golden.